



AUTUMN 2025 VOLUME 18 NO. 1

# Flame



*Education of the whole person*

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## Reflections: Educating the whole person



*Our first Hartzler program in 2013*

The school experience has always been a combination of academic learning, co-curricular opportunities and the development of values and practices to equip young people for life. In recent years, this has been described with the umbrella term 'educating the whole person' and it is an approach that was central to the establishment of our Hartzler program in 2013.

The Hartzler Program is OLSH College's four-week residential program for Year 9 students. The vision was to develop a program of authentic experiences and remove students from the traditional classroom environment to a setting that was conducive to connecting with content.

The desired outcome is a student who is more connected to their learning, their peers and their environment, and who is independent, empowered and enlightened about their learning capability. By creating a program delivered in a setting that is so special and connected to the history of our College, Hartzler has become a rite of passage for all students.

In the words of one of the first students to complete the program in 2013, 'My Hartzler experience was amazing. I made so many new friends, gained many more skills and learnt a lot about myself.'

## Editor's message

The first months of this year have highlighted the vast range of learning and development opportunities offered to our students and the enthusiasm with which they take on these activities. This edition of Flame provides a snapshot of those opportunities, including the wonderful fundraising activities run by our Student Leaders for the Lenten Appeal, great results for our six debating teams and the enormous positive energy at our House Swimming Carnival.

We also introduce you to our 2025 Student Executive – four students who have taken on the responsibility to be the voice of the students at the College and share their vision for how they want to make a difference in their final year of secondary schooling. We celebrate our exceptional 2024 VCE results and the second-generation OLSH students who have joined us in 2025 and we share the story of one of our outreach programs, which truly reflects our OLSH pillar of 'touching the hearts of others'.

The profiles of our OLSH alumnae and reflections from the Class of 1995 who returned to the College in March also demonstrate the breadth of experiences that these past students had at the College and how this has influenced the paths they have taken with their lives.

### Cath Ewart

*Director of Development  
and Community Relations*

## Principal's message

**"The glory of God is the human person fully alive."**

These words, attributed to St Irenaeus, a second-century bishop and theologian, are grounded in the fundamental belief that God is a God of love — a love that always desires that we, as God's children, come to know this love in the depths of our hearts.

This truth lies at the very heart of our OLSH charism, our OLSH Spirit. It is the essence of what Jules Chevalier wanted the entire world to know — that God loves us.

The human person fully alive is always about accepting God's invitation to become our best selves — in every aspect of our living. For those of us who are part of this great Our Lady of the Sacred Heart College community, it is about being Heart People. As St Paul reminds us in his letter to the Philippians: "Let the same mind [and heart] be in you that was in Christ Jesus" (2:5).

When we reflect on these understandings, we begin to see how naturally and seamlessly they connect to the education of the whole person. This is exactly what we strive for — with every student and every staff member. If we enter into the journey of allowing God's love to guide us in all we do, then wherever we are — inside or outside the classroom — we are consistently trying to grow, to learn, to encounter others with respect, and to extend our hands in love and compassion.

We rejoice in the achievements of others and of ourselves. And we take seriously our responsibility to nurture and develop the gifts of talent and character that have been entrusted to us.

This is the OLSH way of understanding the education of the whole person.

Ultimately, it is about coming to a place — and a space — of peace within. This does not mean we are untouched by the highs and lows of life's journey. On the contrary, those very experiences are what shape us, stretch us, and bring us to 'wholeness' and God's peace.

As we rejoice in the election of Pope Leo XIV, let us hold his first words to the world in our minds and hearts:

**Peace be with you!**

*It is the peace of the risen Christ — a peace that is unarmed and disarming, humble and persevering. A peace that comes from God, the God who loves us all, unconditionally. — Pope Leo XIV*

*Regnet Christus. May Christ Reign.  
Our Lady of the Sacred Heart pray for us!*

**Anne O'Loughlin**  
Principal





## Welcoming our second- generation students

*Each year as we welcome our new Year 7s, we welcome back a number of OLSH Alumnae who are the mothers or grandmothers of these students.*

This ongoing connection with the College that spans generations is very special to us and we recognise it at our annual Generations Assembly.

This year, we had thirteen students who were the second generation of their family to attend the College – 11 whose mothers had attended OLSH in the 1980s and 1990s and two whose grandmothers were OLSH students in the 1960s.

At our assembly, we presented these students, their mothers and grandmothers, with a certificate and candle to mark the occasion. We held the assembly during the week of International Women's Day to recognise the contribution of all OLSH College women, past and current.

Our students and staff read inspirational quotes from twelve past students who are working in fields including logistics, health and fitness, education, science and government. Our second-generation students and their families joined together for morning tea, where they shared stories of their experience at OLSH and the values they have taken with them through life and the pathways they've pursued.

Our Student Leaders also marked International Women's Day by attending a breakfast at Parliament House where they heard from Jess Wilson MP and Georgie Crozier MP speak about their career highlights and challenges.

We are grateful to all women in our OLSH community who are making a difference in the world.

The International Women's Day breakfast at Parliament House was uplifting and gave me the opportunity to connect with other girls my age who want to make a difference through leadership. It highlighted the importance of women in leadership and helped me recognise the need for female voices in power, which I want share with OLSH by helping build confidence in others and myself.

*Taylor, Year 11*



*Celebrating our OLSH Generations; Our Student Leaders attended the International Women's Day breakfast at Parliament House*

## Exceptional 2024 VCE results

*Our 2024 VCE results were excellent, with 17 per cent of students receiving an ATAR of 90 or above and more than a third of students receiving an ATAR over 80.*

OLSH College Dux for 2024 was Holly Watters who received an ATAR of 98.05 and Proxime Accessit was Heidi Edge with an ATAR of 97.55.

We recognised these exceptional results at our 2024 VCE Ceremony of Excellence, welcoming back students from the Class of 2024 and recognising current students who completed a VCE subject in 2024. Forty-five students who received a subject study score of 40 or above and students who received the highest study score in each subject were presented with certificates.

Five students were presented with a Principal's Award certificate, recognising significant academic growth during their time at OLSH College and our 15 students with an ATAR over 90 also received certificates.

Our Dux, Holly Watters addressed the audience and reflected on her experience at OLSH, sharing her wisdom for balancing academic and cocurricular opportunities, along with investing time in connecting with others and valuing every moment as a student.

Congratulations to all our 2024 VCE students. We are proud of them all.



Congratulations to all our 2024 VCE students. We are proud of them all.



OLSH College Dux Holly Watters with Principal Anne O'Loughlin;  
Recognising our VCE achievers; Principal's Award winners

## Student leaders

*Our student leaders continue to play a vital and dynamic role in the day-to-day life of the College and with each new year, we welcome a new team of student leaders with fresh ideas and a desire to build their leadership skills.*

Our Student Executive, made up of the College Captain, College Vice Captain and two Senior Prefects, guide the leadership team and are supported by other student leaders across all year levels. As a team, they develop ideas for activities, lead special events and represent the College at key events. They meet together regularly, developing connections across year levels and together developing their leadership capabilities.

Each year the leaders develop a theme for the year, with the aim of creating positive change and leaving a legacy for future years. This year's theme is *Take the Dive, Start the Ripple* with the key aim of making a positive IMPACT. The theme reminds us that every action, no matter how big or small, has

the power to create positive change. Whether it's showing kindness, stepping up for a challenge or supporting a peer, each of us can make a difference in our school and beyond. Leaning into the concept of the ripple effect the theme reminds us how our actions have the power to create a chain of positivity.

The theme acts as a framework for initiatives throughout the year, such as ripple reminders during learning mentor time and finding ways to make an impact in class, through co-curricular activities and outside of OLSH College.

Our Student Executive shared some reflections about themselves and their time at OLSH College for us to get to know them better.



*Keira Kell*  
College Captain

**Favourite subjects:**

Physical Education and Health and Human Development

**Favourite OLSH memory:**

I was lucky enough to attend the Samoa immersion last year with the College. It was such an enriching experience that granted me a deeper perspective on life and the great awareness of the privilege our education is.

**Your motto for the year ahead:**

To embrace the uncertainty and approach everything with an open mind and heart.

**Favourite pastime:**

Physical activity, reading and playing board games!

**Being a Heart person means...**

seeing the good in everyone and everything, always living with humility and authenticity.



*Gabrielle Trajer*  
College Vice Captain

**Favourite subjects:**

Chemistry and Maths

**Favourite OLSH memory:**

Our Year 11 retreat, where our whole year level came together before bed and belted out songs on the cabin deck and basketball court. These moments made me realise how important friendships are, and the love we all have for each other.

**Your motto for the year ahead:**

To put yourself in uncomfortable positions, because that's when you grow the most.

**Favourite pastime:**

Gymnastics and trampoline tricks!

**Being a Heart person means...**

to see the good in all and help be the one to bring it out, displaying constant love, loyalty and passion, inspiring others to live from their hearts.





Our 2025 Student Executive with Principal Anne O'Loughlin



*Eve Morphet*  
Senior Prefect

**Favourite subjects:**

Art Making and Exhibiting, as it allows you a lot of creative freedom to show your ideas.

**Favourite OLSH memory:**

Sweeney winning the House Cup last year. It was a great reminder of how consistency is key; we came second in PAS, Athletics and Swimming yet still won gold.

**Your motto for the year ahead:**

Always remember why you started and keep going.

**Favourite pastime:**

Film and photography.

**Being a Heart person means...**

to always put others first, no matter the circumstance. It's about showing and pursuing that deep love that Jesus did, and still does, for us.



*Lucille Moses*  
Senior Prefect

**Favourite subjects:**

Biology and Drama

**Favourite OLSH memory:**

Participating in PAS and getting to see the musical talents within Xavier whilst building strong friendships.

**Your motto for the year ahead:**

Lead with kindness and encourage with action.

**Favourite pastime:**

Singing, playing the piano and playing soccer.

**Being a Heart person means...**

embracing compassion, building connections, and supporting others with genuine care.

## Our Lenten Appeal focus: *Clean water projects*

*Our Lenten Appeal fundraising is always a key focus for Term 1, with each House and our student leaders developing and running fundraising activities.*

The focus of our Lenten fundraising this year was the Caritas Project Compassion initiative and the OLSH Sisters Clean Water project in the Philippines. The Caritas Project includes funding a water tank in Samoa, supporting education in Vietnam and building employment skills for young women in the Democratic Republic of Congo.

Each House lead a fundraising activity – a bake sale (Chevalier House), a sausage sizzle (Xavier House), a snow cone stall (Sweeney House) and an icecream stall (Hartzer House) – and the leaders also organised a coin line competition and a Shrove Tuesday pancake stall. We also had Easter raffles and other donations, resulting in a wonderful total of \$8,100 raised for our Lenten Appeal.

We're grateful to everyone who donated to our Lenten Appeal and supported each activity, and to our student leaders for their management of these activities.



*House cookies at Chevalier's bake sale; Hartzer's ice-cream stall; Sweeney's snowcones were a hit; Xavier's sausage sizzle*



## Our special gift of song

*Last year's celebrations for the 150th anniversary of the OLSH Sisters provided many wonderful moments and we look back on the year with gratitude for the way it brought us together. It was a time of learning more of the stories and courage of the OLSH Sisters and a time for us to express our gratitude for all that they have done and continue to do.*



During our Feast of Our Lady of the Sacred Heart mass, our College community presented a gift of song to the seventeen OLSH Sisters who were present on that day. The song was *Si Si Ni Moja*, which means 'We are one' in Swahili and it was chosen to reflect our shared connection with the OLSH Sisters as current and past students, staff and parents.

The students and staff rehearsed the song in the weeks leading up to Feast day, quickly getting to know and enjoy the song's rhythm and energy and recurring 'heja' that punctuates the chorus.

We released the video of *Si Si Ni Moja* on the last day of Term 1 this year and have passed it on to the OLSH Sisters as a keepsake for them.

You can view this special song via the QR code below or by visiting <https://www.olsh.vic.edu.au/sisi-ni-moja>.



*Singing Si Si Ni Moja for the OLSH Sisters at our Feast day mass*

## Addressing global issues at the Model United Nations

*Learning enhancement opportunities are a valuable way for students to develop their knowledge and skills in areas they feel passionate about such as global issues, science and technology, public speaking and ethics.*

One of the opportunities eight of our students were fortunate to participate in earlier this year was the Model United Nations (MUN), held at Brighton Grammar. This was a fantastic opportunity to research global issues, collaborate with others, and represent different countries with diverse perspectives.

The students were asked to discuss the topic of 'Zero Hunger: Addressing Global Poverty and Universal Food Security', with a large number of delegates from local schools representing different countries. OLSH students Amber, Imogen, Dollwia and Mia were assigned Japan and Sophie, Ruby, Jamie and Ruby represented Italy.

The MUN Assembly runs according to the UN protocols and procedures followed by the UN General Assembly. Students were required to suspend their own opinions and represent their countries' position, not their personal point of view throughout the entire process. The day concluded with each team presenting their country's position on Zero Hunger and putting forward amendments to the Draft Resolution, seeking support from their fellow delegates by collaborating, debating and using their negotiation and diplomacy skills.

*Our OLSH student representatives at the Model United Nations*



Participating in Model UN as Japan with my peers allowed me to deepen my understanding of international affairs and the workings of the United Nations. I also learned how to navigate complex global issues, such as 'Zero Hunger: Addressing Global Poverty and Universal Food Insecurity', with a focus on cooperation and peacebuilding. Overall, Model UN was a valuable experience, and I would highly recommend it to others.

*Amber, Year 10*



Participating in Model United Nations was an enriching experience enabling us to thoroughly research our assigned country, allowing each of us to present our position statements to the entire group. We engaged in ongoing debates about different perspectives on global issues and worked collaboratively to find solutions.

*Dollwia, Year 10*



## Outreach makes a difference

*Each month, some of our senior students and two staff members spend their Wednesday evening helping to serve food at the St Kilda food van.*

This is an outreach activity that has been offered to our senior students for nearly 15 years and every year, it is well supported by students who are drawn to this opportunity to help others.

The College has been supporting the St Kilda Soup Van since 2012 when it was provided by St Vincent De Paul, and in the last five years we have worked with Tracey who now manages the van.

As well as working on the van, students from all year levels can volunteer to bake muffins after school on a Tuesday, and these muffins are served at the van the following night.

Several of our senior students are regular volunteers and past OLSH student, Gabby (Class of 2019) is also a regular volunteer.

In the last couple of years, Tracey and a couple of the regular visitors to the St Kilda van have been guest speakers at our Winter Sleepout, joining us for dinner with the students and sharing their stories of homelessness.

This outreach activity is a very practical example of how we can 'be on earth the Heart of God' and we're grateful to those who volunteer each month.

*"This experience has made me appreciate the little things in life that we take for granted and all the connections we are fortunate to have. The volunteers that continue their service are so inspiring and by working beside them they showed how brief interactions can make a long-lasting impact on people's lives."*  
-Chloe, Year 11



I started volunteering with the Food Van because I wanted to do something to help people in need, and it's ended up meaning more to me than I expected. It's taught me how meaningful a warm meal and a simple conversation can be and how important it is to show kindness without judgment.

*Alana, Year 11*



OLSH students and staff working at the St Kilda food van



## Alumnae profiles



*Laurie Laugford*  
(Johnson, Class of 1995)

After graduating OLSH in 1995, I completed a Bachelor of Civil Engineering at Monash University. While at Uni, I worked part time at an Engineering firm, cementing my theoretical learning with real-world engineering design.

I left Monash with an Honours Degree and a job offer, as well as a scuba diving qualification, lifelong friendships and a boyfriend who would later become my husband!

After four years in civil and structural engineering design, I accepted a job with a Project Management company. Here I was able to further develop my leadership, communication, and management skills, leveraging my technical experience and problem-solving skills to successfully deliver projects.

In 2006, my husband and I embarked on an adventure to work in London where I was a Project Manager for a London Underground project. I cannot recommend highly enough the experience of working overseas. It was beneficial for our careers and we travelled extensively through Europe, making the most of experiencing new places, cultures and foods.

We returned to Melbourne when our visas expired, via Egypt and then overland through Africa. Back in Melbourne, I joined AECOM, a global infrastructure consulting firm, where I am a Technical Director working in leadership roles on major infrastructure projects. I am a member of the Mazenod College and Monash University Advisory Councils to promote engineering and support the education of future generations.

It was fantastic to attend our 30-year reunion with my best friends, catch up with our OLSH cohort and reminisce about band performances, musicals, camps, sporting, and social events. I teach my own two children the lessons I learned at OLSH - do your best, believe in yourself and try everything.

Make the most of the opportunities you have in life and always know that you are enough!



*Claudette Fricot*  
(Class of 2014)

Since graduating from OLSH in 2014, my journey has been far from conventional. While academics weren't my strong suit in school, the friendships I formed at OLSH have been my most meaningful takeaway—friendships that remain strong to this day.

After graduating, I pursued Certificates III and IV in Personal Training, driven by my love for sports, but I soon realised being a PT wasn't for me. I then took two gap years, working and travelling to Japan, before enrolling at RMIT and completing a Diploma of Business in 2017. I then completed a Bachelor of Business, starting in Marketing before discovering my passion for Logistics and Supply Chain Management. During this time, I also travelled to Vietnam.

While studying, I completed a study tour, spending two weeks at a university in Prague before travelling solo across Europe. In my final year, I became interested in the Australian Defence Force and following university, I joined Nova Systems as an Integrated Logistics Support Practitioner. I completed a two-year graduate program in the land domain before moving into the maritime domain, where I now focus on supply support acquisition for Offshore Patrol Vessels.

Over the past four years, I've developed a strong appreciation for the industry and have had the privilege of working with talented and intelligent people, gaining invaluable experience and travelling for work, including to a defence expo in London in 2023.

I'm currently studying a Graduate Certificate in Asset and Maintenance Management, and am passionate about travelling, having recently visited the Philippines and Thailand and a trip to Europe booked for this year.

To current students—your ATAR doesn't define your future. Life is full of unexpected turns, and success comes from adaptability, resilience, and embracing challenges. Most importantly, enjoy the journey and make the most of every experience!



*Anne Marie Gates*  
(Cardullo, Class of 1985)

School was a lot of fun for me. I have fond memories of the mischief we got up to - getting our clothes wet in the surf on Year 7 camp at Phillip Island, playing the chair game at lunchtime in Year 9 and a brilliant trip to Central Australia. I loved learning, especially Maths with Mr Liston and Geography with Sr Rita Clancy. They were among the many wonderful teachers who inspired me to pursue secondary education myself. I spent a few years trying various courses until I landed in a teaching degree at Deakin University.

I married Dennis when I was just 20 and he claims the credit for getting me to focus on my studies and finally complete my degree. I already had four children when I first walked into the classroom to teach mathematics to a group of rowdy Year 10s. I cut my teeth at St Francis Xavier College in Beaconsfield where I worked on developing my teacher identity. I drew on memories of my most significant teachers from my time at OLSH - Sr Rita, Mr Liston, Sr Mary Fyfe, Mme Lesur and Sr Therese - to find my way of teaching, motivating and wrangling teenagers. In my time there our youngest two children were born and our family of six children was complete.

I am currently teaching at Caulfield Grammar School where my advice to students, particularly my Year 12 Maths Methods students, is to embrace their mistakes. Mistakes are proof you are trying and they are the portal of discovery.

My career has taken me from the fringe of Melbourne closer to the CBD where I now live right in the thick of things on Bourke Street. When I am not working, I love backpacking around south-east Asia looking for remote villages where I can experience whatever culture I have stumbled across. Kiribati, which was introduced to me in my time at OLSH, is on my next-to-travel-to list.



*Evelyn Braudt*  
(Class of 1985)

During my time as a student at OLSH my favourite subject was Science, which was the direction I focused on in my senior years.

I completed a Bachelor of Science, majoring in Biochemistry, at Monash University. As an honours student working in the university laboratory, I realized that scientific research, to discover, analyze and interpret data, was what I wanted to do. I continued my research studies at Monash as a PhD student and received a doctorate.

I wanted to work on research to improve human health, so I took a role post-doctoral research scientist role at a new research institute in Queensland (QIMR) to investigate developing vaccines for rheumatic fever, a particularly debilitating disease in our indigenous populations. This opened a whole new world of travel for research, exciting collaborations and publications of my work.

The experience made me think about how academic research is translated into medicines. I took a role at CSL in Melbourne in Regulatory Affairs, an area which takes the science and data that supports the safe and efficacious use of medicines and prepares that data so regulators, such as the TGA, review and determine if that medicine can be provided in their country. I was involved in bringing several CSL made vaccines to the Australian and US populations. More recently an opportunity came up to work in a novel area in medicine, stem-cell therapies, at Mesoblast where I am a Senior Director in Regulatory Affairs. I was part of the team that brought groundbreaking research, development and clinical data to a first of its kind cell therapy FDA approval to treat very sick children with serious complications after a bone marrow or stem cell transplant.

My advice to students is if you enjoy STEM subjects, there are many careers in science and your work can make a real-world impact for the benefit of others.

## Reunions

*We welcomed nearly 50 OLSH Alumnae from the Class of 1995 for their 30 year reunion recently. The alumnae came from across the state and interstate to be there for this special night of reconnection and sharing stories.*

The group recalled the affection they had for the OLSH Sisters who taught them, the change over to the new uniform, a trip to Central Australia and even hosting a local rock band in the Hall!

We have six more reunions this year and would love to welcome back as many alumnae as possible. Visit the Reunions page on our website to find out more: <https://www.olsh.vic.edu.au/community/alumnae/reunions>

Class of 1995 30 Year Reunion



## Remembering Dong Lui

In April, we held a memorial service in the OLSH chapel for Dong Lui, past OLSH staff member who was a valued member of the Languages Department for 20 years. The service was attended by many staff and past students, which was a testament to the importance Dong placed on building relationships and the warmth felt for her by so many.

Dong was passionate about sharing her knowledge of Chinese language and culture. She secured a National Asian Languages program grant providing for the purchase of iPads for the language classrooms and a Language Assistant to support senior students preparing for exams. Outside of the classroom, she brought language to life through excursions to Chinatown and Bendigo, entered students into the China Bridge competition and language camp and introduced students to Chinese cooking traditions. Dong was instrumental in organising immersions to China, taking great joy to share her country with the students and share stories of its history and culture.

We give thanks for the blessing that Dong has been in the lives of OLSH staff, students and families as a dedicated teacher and a loyal and compassionate friend. May Dong's gentle and generous soul rest in peace.

*Dong on an OLSH trip to China;  
Dong with her language students*





## News in brief



### 1 **An action-packed swimming carnival**

Our House Swimming and Diving Carnival was a huge success, with wonderful participation from all students. The water aerobics, swimming and diving events allowed everyone to have a go in the pool, while land activities including volleyball and bocce, allowed all students to contribute to their House's success on the ground. The overall winners were Hartzler, for the second year in a row, also taking out Junior and Senior Division. Well done to Chevalier who were the winning House in Intermediate and Xavier who performed spectacularly in the Chants to win the House Spirit Award.

More than 40 students were selected to compete in the CGSAV Swimming competition at MSAC, where OLSH finished 5th and our Year 10 freestyle team broke their 4 x 50m record from 2024.



### 2 **Welcoming our Year 7s**

We welcomed 141 Year 7s this year, the largest cohort we have had at the College for several years so there has been a great buzz as they get to know each other and experience the range of classroom and co-curricular activities offered. As part of their transition program, they headed off to camp for three days early in the term, spending the time working on team challenges on land, in the water and on high-ropes courses. We welcomed them officially as OLSH students at our Opening Mass where their OLSH Big Sisters presented them with their House badges.



### 3 **Success for our Debating teams**

Our six debating teams have had a great start to the year with three nights of debating during Term 1. The teams have won several debates and six OLSH students have received Best Speaker awards.

The teams participate in the Debating Association of Victoria competition against other schools in the area and the topics for this round included 'That all school and university exams should be open-book', 'That tickets to all sporting events should be free' and 'That the government should prohibit businesses from being cashless'. Great opportunities to develop analytical and public speaking skills. We're grateful to our coaches and other students for their work preparing students for these debates.





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Our Lady of the Sacred Heart College Bentleigh stands on the lands of the Bunurong people and we acknowledge them as Traditional Owners. We pay our respects to their Elders past, present, and emerging.

**Front cover:** String instrumentalists Amelie and Zara

**Back cover:** Highlights from OLSH College life in Semester 1, 2025

**Disclaimer** All care has been taken to verify that the information contained in this edition of *Flame* is correct. However, we apologise if any inadvertent discrepancies have occurred. Please contact the College if you would like to reproduce any of the material in this edition of *Flame*.

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